








NEED HELP DURING A CRISIS? Who should families call during a mental health crisis?

WHEN there is an IMMEDIATE DANGER of harm to your child, yourself, or others or access to a gun or other weapon, CALL 911.



A FAMILY CAN BE IN CRISIS AND NOT NEED TO CALL 911.

There are several options. All offer 24/7 support. Which best meets your needs? All are free and confidential.**

Massachusetts All Mental Health Needs, including crisis support	Massachusetts Substance Use Support	National Mental Health and Crisis support for LGBTQIA+ youth	National Crisis and Suicide Prevention Support for you or someone you know		
<div><p>MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE</p></div> <div><p>Call or text now 833-773-2445 Visit masshelpline.com to chat</p><p>https://www.masshelpline.com/</p><p>All languages available</p></div>	<div><p>The Massachusetts Substance Use HELPLINE</p><p>HOPE IS HERE.</p><p>For personalized information, support, and a link to services, call us confidentially:</p><p>800.327.5050 Interpreter services available.</p><p>Or visit us online at: HelplineMA.org</p><p>https://helplinema.org/</p></div>	<div><p>THE TREVOR PROJECT For Young LGBTQ+ Lives</p></div> <div><p>Call: 866-488-7386 Chat: 24/7 Suicide Hotline for LGBTQ Youth - We're here for you Now Text: 678-678</p></div>	<div><p>TRANS LIFELINE</p></div> <div><p>U.S. hotline 877-565-8860 Support and crisis support</p><p>https://translifeline.org/hotline/</p><p>Hotline will not call the police.</p></div>	<div><p>988 SUICIDE & CRISIS LIFELINE</p><p>LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS</p><p>Call or text 988 or chat 988lifeline.org</p></div>	<div><p>Whether it's your friends, family, or community, everyone needs someone to lean on.</p><p>If you don't know where to turn, you can text HOME to 741741 for free, 24/7, mental health support.</p><p>https://www.crisistextline.org/ Simply text HOME or HOLA to 741741 to reach a live volunteer Crisis Counselor.</p></div>

Massachusetts SafeLink is a **statewide domestic violence hotline** Call: 877-785-2020 Chat: <https://casamyrna.org/chat/>

****Some hotlines MAY contact a non-consensual intervention (usually police) if hotline staff presume there is an immediate risk of suicide.**

 <p>PPAL Parent/Professional Advocacy League, Inc.</p>	<p>Free help for families whose children have emotional, behavioral & mental health needs in Massachusetts.</p> <p>PPAL (Parent Professional Advocacy League) request support here: 866-815-8122 or https://ppal.net/</p> <p>Youth Move Massachusetts here: https://youthmovemassachusetts.net/</p>	
--	--	---